

Easy Summer Salad

Rating: ★★☆☆

Makes: 6 Servings

Fresh red onion is used in this recipe. This Easy Summer Salad is great as a side dish for many meals.

Ingredients

- 1 cucumber (peeled and cut into small cubes)
- 1 red onion (peeled and cut into small cubes)
- 2 tomatoes (cut into small cubes)
- 1 clove garlic
- 4 tablespoons lemon juice
- 1 tablespoon vegetable oil
- 1/4 teaspoon salt
- black pepper (to taste)

Directions

1. Add cucumbers, onions, tomatoes, and garlic in a large bowl.
2. Stir in lemon juice, salt, and pepper until well mixed.
3. Serve at room temperature or chill in the refrigerator for at least 1 hour before serving.

Notes

Tip: Great as a side dish for many meals

Recipe adapted from USDA FNS, Food Distribution Division, 2009.

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	80	
Total Fat	4 g	
Protein	2 g	
Carbohydrates	13 g	
Dietary Fiber	2 g	
Saturated Fat	0.5 g	
Sodium	160 mg	